

Lemon Broccoli Pesto-style Sauce

(Makes 4 half-cup servings)

1 cup cooked broccoli pieces
1 tablespoon lemon zest
1 tablespoon chopped walnuts
1/4 cup vegetable broth
1/3 cup plain nonfat yogurt

If using the broccoli stems, peel & cut into chunks. Rinse, cover dish with plastic wrap and microwave for 3 minutes. Put all ingredients in blender and blend for about 20 seconds. If mixture is too thick, add a little more vegetable broth. Serve hot or cold.

Each serving contains about 39 calories, 3 grams protein, 1 gram fat, no cholesterol, 5 grams carbohydrate, 2 grams fiber and 90 milligrams sodium.

Fresh Tomato Sauce

(Make 4 servings)

1 14.5 ounce can of no-salt added diced tomatoes (or 1 1/2 cups fresh chopped tomatoes with seeds and skin removed.)
1 tablespoon chopped fresh basil
1 tablespoon finely chopped red onion
1/2 teaspoon minced garlic
1 teaspoon extra virgin olive oil

If using fresh tomatoes, chop to desired size. If using canned tomatoes, drain juice. Mix all ingredients and refrigerate until ready to use, or use immediately. To make the dipping sauce, put it in a blender and blend on high about 10 seconds.

Each serving contains about 24 calories, less than a gram protein, 1 gram fat, no cholesterol, 3 grams carbohydrate, 1 gram fiber and 5 milligrams sodium.

Fresh Mushroom Sauce

(Makes 2 cups)

1 tablespoon olive oil
1 cup chopped onions
2 cups chopped mushrooms
1 tablespoon low-sodium soy sauce
3/4 cup vegetable broth
1/2 cup fresh parsley
1/2 cup reduced-fat sour cream

Heat olive oil in saucepan. Add onions and cook until translucent. Add mushrooms and soy sauce, cooking another 5 minutes over medium heat. Add vegetable broth. Cook for two more minutes. Put the cooked mixture in a blender, add parsley and blend on high for 10-15 seconds or until you get the desired consistency. Stir in sour cream. Pour over pasta or serve with grilled meat, chicken or fish.

Each 1/2 cup serving contains about 52 calories, 1.5 grams protein, 4 grams fat, 6 milligrams cholesterol, 4 gram carbohydrate, 1 gram fiber and 161 milligrams of sodium.